

It's been a busy summer for Drive Happiness, as we've moved to a new office space and are in the process of settling in. We are very grateful for being more centrally located, and for the increased space to accommodate our growing staff. We would like to thank everyone who was able to come out to our Open House during the week of August 19. We were so glad to see you!

Not only have we expanded our space, we are expanding our reach to the surrounding areas of Edmonton. We are already in the outlying cities of St. Albert, Stony Plain, Spruce Grove, Sherwood Park, Beaumont & Leduc, and we are developing stronger partnerships with the counties of Brazeau, Strathcona, Sturgeon, Parkland, & Leduc.

Our summer students have been busy attending all kinds of events raising awareness for Drive Happiness, and as a result we are thrilled to have added some new drivers to our team!

Our renewal process has been a massive undertaking as always, and is coming to a close! Once again, our summer students have been a big help!

You will notice below that we are hosting a screening of a CBC production called "Breaking Loneliness" featuring some of our very own drivers and riders. We would love to have you join us for this special event. Remember to call to reserve your spot. This documentary will be aired on TV in Alberta at 7pm on CBC Docs on Sept. 28th, 2019. It will also be available online on [CBC's GEM](#).

We wish you a very Happy Thanksgiving, and hope you will enjoy this fall issue of The Rider.

- Liza Bouchard, EXECUTIVE DIRECTOR



Invites you to
A free screening of the
CBC Documentary

#BREAKING LONELINESS

By Edmonton filmmaker
Brandy Yanchyk

Call the **Drive Happiness** office at
780-424-5438 to reserve your spot!

DATE: Saturday October 5th
TIME: 6 pm to 8 pm
LOCATION: Westend Seniors Activity Centre
9629 176 St NW, Edmonton



Join Drive Happiness &
Westend Seniors Activity Centre

to celebrate our new partnership,
volunteers, and a combined 60 years of
serving seniors in Edmonton!

Lunch, entertainment, & door prizes!

When: Saturday October 26th

Time: 11:00 am to 3:00 pm

Location: Westend Seniors Activity Centre
9629 176 St NW, Edmonton

Call 780.424.5438 by Oct. 1st to RSVP



**NOTE
NEW
ADDRESS!!**

780-424-5438
9916 — 45 Ave. NW | Edmonton, AB T6E 5J1
Toll-Free 888-336-4503 | www.drivehappiness.ca

Drive Happiness Seniors Association Charitable number #86242-1310 RR0001

WILLS, ESTATES & NOTARY.

MARRAZZO LAW OFFICE

Lina Marrazzo B.A., LL.B

Call us today at (780) 756-5500

Fax: (780) 757-5505 | 9535 - 135 Avenue Edmonton, AB. T5E 1N8

Email: mlo@marrazzolawoffice.com

****10% off with Drive Happiness membership card****



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UPCOMING EVENTS

MILLWOODS SENIOR ASSOCIATION 780-496-2997

Fall Rummage Sale— Sept. 21 & 22

Craft, Book, Bake Sale—Oct 26

*Monthly special Outings... call for more information

NW EDMONTON SENIORS CENTRE 780-451-1925

Pancake Breakfast—1st Sunday of the Month \$7

"Arm Chair Travels" ALASKA— Sept 17, 10a.

EDMONTON ABORIGINAL SENIORS CTR 587-525-8969

Free Prize Bingo Nov 2 & 16, 1-2:30p

NORTH EDMONTON SENIORS ASSOC 780-496-6969

Edmonton Swing Band Dance—Sept 27

STRATHCONA PLACE SOCIETY 780-433-5807

Fall Bazaar—Oct. 5, 9a-3p

JEWISH SENIOR CITIZENS' CENTRE 780-488-4241

Daily Hot Lunch, 3 courses & Beverage

ITAL-CANADIAN SENIORS ASSOC 780-424-1255

Lasagna Luncheon— Oct 22

EDMONTON SENIORS CENTRE 780-425-8625

"Blankets for Canada" 3 times/week, 1:30-3 (create
blankets for individuals in need)

WESTEND SENIORS ACTIVITY CENTRE 780-483-1209

Fall Harvest High Tea, Sept. 19th 2:00 pm to 4:00 pm

we will miss you!



Krystin will be
returning to the
U of A for her
fourth year to
complete her
Bachelor of Arts
majoring in psychology.



Janelle will be
returning to MacEwan
University to complete her
Bachelor's of Commerce
degree majoring
in Human Resource
Management.



Jonathan recently
graduated from the
U of A with his
Bachelor of Commerce
degree, and is leaving
soon for Nairobi, Kenya
to complete an eight
month internship.

*We had a great summer
with these students, enjoying
their laughter, creativity,
enthusiasm, & hard work.
We wish them every success in
their future endeavors!*



EDMONTON PRIDE
SENIORS PRESENTS

SENIORS' CENTRE
WITHOUT WALLS

Primary Care
Network
EDMONTON SOUTHWIDE

AGING WITH PRIDE

Telephone based, Community focused,
Shared experiences

**1ST & 3RD WEDNESDAY EACH MONTH
4:00 PM TO 5:00 PM**

This group is for LGBTQ2S+ seniors who wish to meet others in
their community. Join the conversation from the comfort and
privacy of your own home. All topics and concerns welcome.

NO NEED TO REGISTER, DROP INS WELCOME
Families, friends and allies are always welcome!
For more information or upcoming dates call
780.395.2626

To join in call 1.855.703.8985 &
enter Meeting ID 293.631.2402#

Since opening in March 2018, the Sage Health Services Program has grown into a one-stop healthcare clinic for seniors in Edmonton. It is unlike any other medical facility in the province, because everything from routine check-ups to prescriptions and chronic disease management is handled by nurse practitioners (NP).

Like physicians, NPs are primary care providers. However, rather than receiving compensation on a per-patient basis, NPs are salaried. This means that NPs are paid the same whether they see 5 patients or 10 in a day, resulting in a more holistic approach to healthcare that looks at the bigger picture.

When a new patient visits the Sage clinic they begin by completing a set of questionnaires, which address the various determinants of healthy aging (eg. social support and physical environment), as well as goals for care. This provides an understanding of the elements influencing a senior's health, and helps NPs leverage other professionals in the building, like social workers or mental health therapists. To ensure older adults have the resources for optimizing their health, appointments end with patients receiving a packet which clearly lays out important information. This includes changes to medications, steps patients should be taking at home, etc.



The Sage clinic also aims to address the issue of ageism, which occurs frequently in our healthcare system. Often times a family doctor who has provided a patient with years of care will brush aside the patient's concerns once they become a senior due to stereotypes about getting older. According to Anne Summach, *Director of Health Services*, one patient in particular felt his physician wasn't listening to his concerns. His symptoms persisted for a long time, and he felt he didn't matter. After meeting with an NP at Sage, his concerns were addressed with appropriate treatment, and he also found a volunteer opportunity!

As the only clinic of its kind, the Sage program acts as a model for other healthcare facilities and senior-focused organizations seeking to better meet the full needs of older adults. For more information you can visit www.mysage.ca or call 780-423-5510.

WENDY'S Errands For Elders

780.916.8916

Enjoy your life, leave the errands to us.



Wendy Moyle
Founder & Errand Expert

Our goal is to support and promote independent living and reduce demands on the families.



wendy@WendysErrands.com
WendysErrands.com



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- Diabetic, renal, & texture modified meals available
- Subsidized rates available for qualifying individuals



**MEALS ON
WHEELS:
780-429-2020**

WE
LOVE
OUR

VOLUNTEERS



Meet Janette Halliday (and Sam, who got dressed in his best tuxedo for the photo)! Jan was born in Middleton, Nova Scotia, and her favourite movie is the 1990 classic *Pretty Woman*. She's very well-travelled and while she's no longer seeking international journeys, she would love to return to the maritime provinces.

Janette's been a part of the Drive Happiness family since July 2015, after she came across our organization in the Millwoods Examiner. She was retired, looking for something to fill her days, and four years later, she's still loving it! She appreciates the opportunity to meet new people and swap stories with them, and she finds the riders have a great sense of humour.

"I may be helping the seniors when they need a ride, but it works both ways. The seniors bring a lot of fulfillment and laughter into my life and I wish more people would volunteer so that they can experience how wonderful this is."

OPEN HOUSE

Haidong & Lorena from our partner, WESA

Driver Adianna & German

Driver David

Driver Jim & wife Sue

DH Executive Director Liza Bouchard

Thanks for stopping by!

Caron, Volunteer Strath

Lori Sigurdson, MLA

Driver Pat & wife Sue

Driver Anne

Rider Beryl

Driver Rosalind

Rider Doreen

Driver Claire

Recreation and Wellness Directory for Older Adults 2019-2020



Drop by our office to pick up your copy of this year's Recreation & Wellness Directory giving you all the information you need to find connections for special events, fitness, social, and all kinds of activities especially for seniors!

**Any action you take upon the information in this newsletter is strictly at your own risk.*